

Slow Cooker Southwestern Beef Wraps

- 1 medium onion, chopped
- 2 1/2 pounds beef roast, trimmed of fat
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 3/4 teaspoon salt
- 2 green bell pepper, chopped
- 1 can (14 1/2 ounces) diced tomatoes

with mild green chiles, undrained

Whole wheat flour tortillas

Optional toppings: shredded cheese

Avocado or guacamole

Chopped fresh cilantro

Salsa

Place onion in the bottom of the slow cooker. Mix chili powder, cumin, garlic powder and salt in small bowl. Sprinkle seasoning mixture all over meat. Place meat on top of onion in slow cooker. Top with green pepper. Pour diced tomatoes over top. Cover. Cook 8 hours on LOW or 5 hours on HIGH. Shred the beef. Drain liquid from vegetables if desired. Mix well to incorporate shredded beef with the vegetables.

To serve, use a slotted spoon to fill warm tortillas with mixture. Serve with desired toppings.

Adapted from www.mccormick.com

Save the Date...

Our annual World Breastfeeding Week picnic will be held in Kate Curley Park (located on the corner of Higbee Ave and 10th Street), in Idaho Falls on Friday, August 2 from 11:00 am to 1:00 pm. We will have food, games, prizes and vendor booths. Additional details to follow in our July/ August newsletter

Transportation Services

The Targhee Regional Public Transportation Authority (TRPTA) now has a scheduled stop at Eastern Idaho Public Health District in Idaho Falls. This stop is on the Yellow Route. There are multiple stops at this site Monday—Friday. If you need transportation to/from your WIC appointments, this may be an option for you. The cost is \$1.75/ride (children 5 years and under are free). For more information, call 529-1489 or visit www.trpta.org.

Office Closures

May 7-9—WIC staff in Boise

May 27—Memorial Day

July 4—Independence Day/Fourth of July

WIC Newsletter



May/June 2013

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY).

Dietary Iron and Hemoglobin

Iron is a mineral needed for healthy blood and to promote good health. It helps carry oxygen from the lungs to all the cells in your body. It is also an important nutrient for your brain.

Many WIC appointments involve a finger or toe (infants) prick hemoglobin test. Hemoglobin is the most commonly used test to screen for iron deficiency anemia. A measurement of hemoglobin reflects the amount of functional iron in the body. Changes in hemoglobin concentration occur at the late stages of iron deficiency. While it is not a direct measure of iron status and does not distinguish among different types of anemia, it is a useful indicator of iron deficiency anemia.

One goal of the WIC program is to decrease iron deficiency anemia. We use hemoglobin tests as a screening tool. A low value on a hemoglobin test does not mean the individual has iron deficiency anemia. If you or your child have a low value, we will recommend follow up with a doctor.

Why Do I Need Iron?

Getting enough dietary iron will help prevent Iron Deficiency Anemia.

Pregnant women, infants and children need extra iron. Pregnant women need extra iron

stores to make up for the blood they lose at their baby's birth. Infants and children need extra iron because they are growing. And as they grow, their blood supply grows. Extra iron keeps their blood supply healthy and growing properly.

Do not take an iron supplement or give one to your infant/child unless it has been recommended by your doctor.

What Is Iron Deficiency Anemia?

Iron Deficiency Anemia is caused by having too little iron in your blood. People can be anemic and not even know it. With anemia, you may feel extra tired and more run down.

A child with anemia may have a harder time learning and concentrating at school. Infants and children with anemia can have delayed motor and mental development.

If you are pregnant, the very same things can happen to your baby.

How Can I Get Enough Iron?

Every day you should eat foods that have iron in them, like meats, and fortified cereals and grains. Some women have a hard time getting enough iron while they are pregnant and may need to take an iron supplement if it is recommended by their doctor. Sometimes all of the iron in the pill may not be used by the body, so it is still important to eat iron rich foods even if you are taking a supplement.

Excellent Sources of Iron:

WIC cereal	Lentils
Baked beans	Split Peas
Dried beans, cooked	Beef

Good Sources of Iron:

Soybeans	Enriched pasta
Turkey	Enriched brown rice
Chicken	Bran muffins
Spinach, cooked	Dried peaches or figs
Baked potato with skin	

Other dietary tips:

- Try not to drink coffee or tea with your meals. They can keep your body from absorbing iron.
- Milk contains a mineral that can make it harder for your body to absorb iron, so excessive milk intake should be avoided.
- Foods with Vitamin C in them, like fruits, vegetables & 100% fruit juices, help your body use iron more efficiently.

How Does My Baby Get Enough Iron?

- Breastmilk is best!
- Iron fortified formula & cereals
- Plain strained meats (plain meats have more iron than combination dinners)